



## 1,000 Low-Calorie Recipes (1,000 Recipes)

By Jackie Newgent

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**1,000 Low-Calorie Recipes (1,000 Recipes)** By Jackie Newgent

**An unmatched collection of delicious low-calorie recipes from the award-winning *1,000 Recipes* series**

This incredible cookbook is packed with tasty, low-calorie recipes that the whole family will love. The recipes cover every meal of the day and give home cooks an unparalleled variety of meals and ideas for eating healthfully—for a lifetime. Every recipe clocks in at less than 500 calories, but most are no more than 300 calories per serving. They're easy to make and take the guesswork out of portion control and calorie counting. Recipes include complete nutrition information, and full menus help home cooks maintain a balanced eating approach—naturally.

*1,000 Low-Calorie Recipes* covers finger foods and snacks; salads and soups; meat, poultry, fish, and vegetarian entrees; breads and muffins; and yes, even desserts and cocktails. You'll find rustic comfort foods like Five-Spice Turkey Chili, favorites like Pizza Margherita, main courses like Tart Apple-Stuffed Pork Loin, plus innovative recipes that will intrigue and satisfy you, like Caprese Salad Lasagna, Five-Spice Yam Frites, Brooklyn Lager Baked Beans, Homemade Pretzel Puffs, Fudgy Superfood Brownies, and Chocolate Mint Almond-tini.

- Written by Jackie Newgent, a well-respected Registered Dietitian and cookbook author who writes for and is interviewed by national media, such as The Dr. Oz Show, *Cooking Light*, *Health*, and *Redbook*, among others
- Includes clever advice on stocking a low-calorie pantry, maintaining a healthy weight, diet-friendly cooking, nutritious ingredient substitutions, full menus, and more
- Features ingredients that are fresh and flavorful, keeping with Jackie Newgent's "real foods" philosophy: nothing is artificial

Whether you're following a particular diet or just want a single go-to guide for nutritious family meals, *1,000 Low-Calorie Recipes* is the ultimate resource.



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## 1,000 Low-Calorie Recipes (1,000 Recipes) By Jackie Newgent Bibliography

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## **Editorial Review**

### **Review**

'Bursting to the brim with delicious and nutritious low calorie recipes for the whole family.' (Woman, November 2012)

'This is a gem of a cookbook. Not only is it loaded with healthy recipes, everything I've made from pizza to salad dressing has been a show stopper, and I'm not embellishing.' (Diet Diva, Healthline, November 2012)

### **From the Inside Flap**

Here's the perfect cookbook for a lifetime of nutritious and delicious low-calorie meals! In *1,000 Low-Calorie Recipes*, registered dietitian and cookbook author Jackie Newgent offers a huge variety of high-flavor, healthful recipes that are sure to please you and your family and friends. Covering every meal of the day and snacks, too, this unparalleled low-calorie recipe collection will provide you with the information and inspiration you need for eating balanced meals, but also for satisfying every craving without packing on the pounds—even if you want pizza or a fudge brownie.

Inside, you'll find everything from fun finger foods to hearty main dishes to mouthwatering desserts so tasty and filling that you won't realize you're eating right. Every single one of them tallies fewer than 500 calories per serving. . . most are fewer than 300. These recipes are simple to make and designed to take all of the guesswork out of portion sizing and calorie counting. You'll also find complete nutrition information for every recipe and full menus that help you stick to a nutrient-rich eating plan, naturally.

*1,000 Low-Calorie Recipes* proves that a low-calorie diet can be tempting and energizing. No artificial ingredients or unsatisfying substitutes here! What's more, it includes plenty of your favorite comfort foods—all adjusted with smart swaps to lower the calories without sacrificing flavor—so that you'll never run out of satisfying options. Plus, you'll find hundreds of creative, smart, innovative ways to make the most of every meal. Whether you're actively dieting (on any plan) or simply maintaining a healthful lifestyle, this is your go-to resource.

Here's a taste of *1,000 Low-Calorie Recipes*:

- **BREAKFASTS AND BRUNCHES:** Sweet Cherry-Almond Oatmeal, Raspberry-Laced Chocolate Chip Buttermilk Pancakes, Ham and Cheese Crepes, Scrambled Huevos Rancheros with Fresh Salsa, Fresh Herb Hash Browns
- **SMALL PLATES, FINGER FOODS, AND SNACKS:** Thai-Inspired Chicken Satay, Goat Cheese Medallions with Caramelized Onions, Homemade Pretzel Puffs, "Swedish" Meatballs, Grilled Fig Guacamole, Fresh Spinach-Truffle Dip Canapes
- **SALADS:** Dijon Fingerling Potato Salad, Heirloom Tomato Salad, Beet and Fuji Apple Coleslaw, Avocado and White Bean Salad, Rotisserie Chicken Cobb Salad, Orange Basmati Salad with Almonds
- **SOUPS, STEWS, AND CHILIS:** Pineapple-Cucumber Chilled Soup, Cajun Veggie Gumbo, Leek and Yukon Gold Potato Chowder, Irish Beef Stew, Five-Spice Turkey Chili
- **MAIN DISHES:** Vegetable Souvlaki, Penne alla Vodka, Coq au Vin Cabernet, Chicken Chimichurri, Beef Brisket with Squash, Sea Salt and Pepper Scallops, Shrimp Pad Thai Noodles, Grilled Tuna with Fruit Salsa
- **SANDWICHES, BURGERS, AND PIZZAS:** Smoked Gouda-Artichoke Club Sandwich, Eggplant

Parmesan Sliders, Philly-Inspired Cheesesteak, Grilled Veggie Burgers, Turkey Tacos Monterey, Hawaiian Luau Pizza, Barbecued Chicken Pizza

- **SIDES:** Baked Artichoke Gratin, "Stir-fried" Brussels Sprouts, Spicy Skinny Fries, Spanish Goat Cheese Couscous, Pomegranate and Citrus Quinoa Pilaf, Cuban Beans with Lime, Fresh Rosemary Focaccia
- **DESSERTS, QUICK BREADS, AND MUFFINS:** Blackberry Mousse Almond Crumb Cake, Zesty Lemon Bars, Mississippi Mud Pie Parfait, Apple Streusel Mini-Muffins, Dark Chocolate Chip Cookies
- Plus drinks, smoothies, and calorie-friendly cocktails!

From the Back Cover

### **1,000 low-calorie recipes**

It's Like Getting 5 Cookbooks in 1

Stay trim and healthy without giving up your favorite foods. Inside you'll find:

- An amazing number of hearty and flavorful low-calorie recipes for every occasion—snacks and finger foods, party dips, breakfasts and brunches, main dishes, sides, soups, sandwiches and burgers, pizzas, desserts, and even cocktails
- Full nutrition information for every recipe, plus symbols indicating recipes that are low in sodium and/or high in fiber
- Sample menus for any time of day and every season of the year
- Simple tips for planning and preparing delicious low-calorie dishes for every meal
- Easy-to-follow guidance for giving favorite recipes a "makeover"
- Dozens of great ideas for healthy eating, weight management success, calorie-friendly cooking, stocking a low-calorie kitchen, and more!

## **Users Review**

**From reader reviews:**

### **Charlene Rodriguez:**

Here thing why this particular 1,000 Low-Calorie Recipes (1,000 Recipes) are different and dependable to be yours. First of all looking at a book is good nevertheless it depends in the content from it which is the content is as delightful as food or not. 1,000 Low-Calorie Recipes (1,000 Recipes) giving you information deeper as different ways, you can find any guide out there but there is no publication that similar with 1,000 Low-Calorie Recipes (1,000 Recipes). It gives you thrill looking at journey, its open up your own eyes about the thing that will happened in the world which is probably can be happened around you. It is possible to bring everywhere like in area, café, or even in your way home by train. When you are having difficulties in bringing the published book maybe the form of 1,000 Low-Calorie Recipes (1,000 Recipes) in e-book can be your substitute.

### **Nancy Hartsell:**

The publication untitled 1,000 Low-Calorie Recipes (1,000 Recipes) is the guide that recommended to you to study. You can see the quality of the e-book content that will be shown to you. The language that article author use to explained their ideas are easily to understand. The article writer was did a lot of research when write the book, and so the information that they share for you is absolutely accurate. You also can get the e-

book of 1,000 Low-Calorie Recipes (1,000 Recipes) from the publisher to make you a lot more enjoy free time.

**Stephen Phelps:**

This 1,000 Low-Calorie Recipes (1,000 Recipes) is fresh way for you who has intense curiosity to look for some information given it relief your hunger details. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this 1,000 Low-Calorie Recipes (1,000 Recipes) can be the light food for you personally because the information inside this particular book is easy to get by simply anyone. These books produce itself in the form which can be reachable by anyone, yeah I mean in the e-book type. People who think that in book form make them feel tired even dizzy this book is the answer. So you cannot find any in reading a e-book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the item! Just read this e-book style for your better life and also knowledge.

**Kimberly Martin:**

Within this era which is the greater man or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple approach to have that. What you must do is just spending your time little but quite enough to experience a look at some books. One of several books in the top collection in your reading list is 1,000 Low-Calorie Recipes (1,000 Recipes). This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking up and review this publication you can get many advantages.

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